



## 2022 - 2023 SWIM BC DIVISIONAL TIME STANDARDS - VANCOUVER & FRASER DIVISION -

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:32.80	0:32.10	0:31.40	0:30.80	0:30.50	0:29.90
<b>100 Free</b>	1:12.20	1:10.80	1:08.30	1:07.00	1:06.00	1:04.70
<b>200 Free</b>	2:36.80	2:33.70	2:27.30	2:24.40	2:22.60	2:19.80
<b>400 Free</b>	5:30.70	5:24.20	5:08.40	5:02.40	5:01.80	4:55.90
<b>800 Free</b>	11:27.60	11:14.10	10:42.30	10:29.70	10:26.70	10:14.40
<b>1500 Free</b>	22:00.20	21:34.40	20:33.20	20:09.00	20:03.20	19:39.60
<b>50 Back</b>	0:38.60	0:37.90	0:35.60	0:34.90	0:34.70	0:34.00
<b>100 Back</b>	1:21.90	1:20.30	1:16.20	1:14.70	1:13.80	1:12.40
<b>200 Back</b>	2:56.30	2:52.90	2:43.80	2:40.60	2:39.00	2:35.90
<b>50 Breast</b>	0:44.40	0:43.30	0:40.60	0:39.60	0:39.30	0:38.40
<b>100 Breast</b>	1:34.80	1:32.50	1:27.60	1:25.40	1:24.50	1:22.40
<b>200 Breast</b>	3:24.20	3:19.20	3:09.50	3:04.90	3:02.50	2:58.00
<b>50 Fly</b>	0:36.90	0:36.10	0:34.50	0:33.80	0:33.10	0:32.50
<b>100 Fly</b>	1:21.80	1:20.20	1:16.00	1:14.50	1:13.20	1:11.80
<b>200 Fly</b>	3:04.00	3:00.40	2:52.40	2:49.00	2:42.80	2:39.60
<b>200 IM</b>	2:56.70	2:53.30	2:48.70	2:45.40	2:40.80	2:37.60
<b>400 IM</b>	6:16.40	6:09.00	5:53.50	5:46.60	5:45.90	5:39.10

ADVENT - Advent Swim Academy  
 AOSC - Abbotsford Olympian Swim Club  
 CHIN - Chinook Swim Club  
 DELTA - Delta Sungod Swim Club  
 DYNA - Dynamo Swim Club  
 GATOR - Killarney Gators Swim Club  
 HYACK - Hyack Swim Club  
 LOSC - Langley Olympians Swim Club  
 PSW - Pacific Sea Wolves  
 RIDGE - Ridge Meadows Swim Club  
 SFA - Simon Fraser Aquatics  
 SKSC - Surrey Knights Swim Club  
 SPART - Spartan Swim Club  
 VPSC - Vancouver Pacific Swim Club  
 WGB - Whitehorse Glacier Bears  
 WSWSC - Whistler Sea Wolves Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:32.80	0:32.10	0:29.40	0:28.80	0:27.70	0:27.10
<b>100 Free</b>	1:11.50	1:10.10	1:04.20	1:03.00	1:00.20	0:59.10
<b>200 Free</b>	2:36.40	2:33.30	2:19.50	2:16.70	2:11.50	2:08.90
<b>400 Free</b>	5:29.30	5:22.80	5:02.90	4:56.90	4:41.00	4:35.50
<b>800 Free</b>	11:36.60	11:23.00	10:27.80	10:15.50	9:56.70	9:45.00
<b>1500 Free</b>	21:53.20	21:27.40	19:43.50	19:20.30	18:44.70	18:22.70
<b>50 Back</b>	0:39.10	0:38.40	0:34.40	0:33.70	0:31.70	0:31.10
<b>100 Back</b>	1:23.00	1:21.30	1:13.30	1:11.90	1:08.00	1:06.70
<b>200 Back</b>	2:56.30	2:52.80	2:39.00	2:35.90	2:28.10	2:25.20
<b>50 Breast</b>	0:43.90	0:42.80	0:38.50	0:37.60	0:35.90	0:35.00
<b>100 Breast</b>	1:34.10	1:31.80	1:22.80	1:20.80	1:17.40	1:15.60
<b>200 Breast</b>	3:22.10	3:17.10	3:00.40	2:56.00	2:48.00	2:43.90
<b>50 Fly</b>	0:37.10	0:36.30	0:32.80	0:32.20	0:30.60	0:30.00
<b>100 Fly</b>	1:21.90	1:20.30	1:11.80	1:10.40	1:07.60	1:06.30
<b>200 Fly</b>	3:09.50	3:05.80	2:44.80	2:41.60	2:30.90	2:27.90
<b>200 IM</b>	2:56.50	2:53.00	2:39.10	2:36.00	2:28.60	2:25.70
<b>400 IM</b>	6:20.80	6:13.40	5:37.80	5:31.20	5:20.20	5:13.90